



Inspired Dining

FOR THOSE LIVING WITH MEMORY IMPAIRMENT

Maplewood Senior Living offers *Inspired Dining* for those living with memory impairment. As people age, their sense of taste often decreases – which makes eating fresh, flavorful foods even more important. *Inspired Dining* allows residents to engage in a culinary dining experience that helps them to discover the joy of living in the moment.

Each of our associates is trained using the HEART approach, an acronym for Humor, Empathy, Autonomy, Respect and Reaching out to others, and Trust and Triumph. This emotion-based program guides the way we engage with residents in all aspects of their day.

According to both The Alzheimer's Association and The Mayo Clinic, white tableware is recommended for the dining experience for those individuals living with Alzheimer's disease and

memory loss. This allows distinguishable food for ease and depth perception.

For this reason, Maplewood utilizes only bright, white tableware with contrasting table linens.

Maplewood Senior Living communities focus on evidence based research and the level of below conscious awareness, to enhance the dining experience for all, despite any cognitive challenges residents may experience. *Inspired Dining* was created to provide all residents with the best possible emotional and physical experience possible, from the cheerful and thoughtful design of the dining rooms, to the fresh, seasonal and satisfying dishes prepared every day by our culinary team. *Inspired Dining* is an overall sensory philosophy, which includes the use of purposeful and custom made scent focusing on enhancing mood and appetite.

*Come experience Inspired Dining
by Maplewood Senior Living.*

Partnering with  **alzheimer's association**



MAPLEWOOD
senior living

203-557-4777 | www.MaplewoodSeniorLiving.com

Connecticut: Bethel, Danbury, Darien,
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